Notes

Chapter 1: Mind Your Business

Epigraph: Lysa TerKeurst, Good Boundaries and Goodbyes (Nelson, 2022), 8.

 "G2270 - hēsychazō - Strong's Greek Lexicon (KJV)," Blue Letter Bible, accessed October 11, 2024, https://www.blueletterbible.org/lexicon/ g2270/kjv/tr/0-1/.

Chapter 2: Narrate a Good Story

Epigraph: Abbie Halberstadt, *Hard Is Not the Same Thing as Bad* (Harvest House, 2023), title page.

- 1. Patrícia Marzola et al., "Exploring the Role of Neuroplasticity in Development, Aging, and Neurodegeneration," *Brain Sciences* 13, no. 12 (2023): 1610, https://doi.org/10.3390/brainsci13121610.
- Beacon MM, "Cognitive Behavioral Therapy and Neuroplasticity: How CBT Changes Your Brain," Lukin Center for Psychotherapy, accessed March 9, 2023, https://www.lukincenter.com/cognitive-behavioral-therapy-and-neuroplasticity-how-cbt-changes-your-brain/.
- 3. Jamie Erickson (@momtomompodcast), "Yesterday, one of my pastors mentioned that prayer is one way to acknowledge our dependence on God," Instagram, March 20, 2023, https://www.instagram.com/p/CqA0_tMrwqw/.

Chapter 3: Edit with Intention

Epigraph: Elisabeth Elliot, A Lamp Unto My Feet (Revell, 1985), 250, ebook.

 Stacey Jo Dixon, "Number of Monthly Active Pinterest Users Worldwide From 1st Quarter 2016 to 3rd Quarter 2024," Statista, November 11, 2024, https://www.statista.com/statistics/463353/pinterest-global-mau.

Overwhelmed Mom

- Andrew Lipsman, "Why Facebook Provides Scale, but Instagram and Pinterest Offer Relevance for Social Commerce," Emarketer, June 5, 2019, https://www.emarketer.com/content/why-facebook-provides-scale-but-instagram-and-pinterest-offer-relevance-for-social-commerce.
- 3. "Are You Addicted to Your Phone? American Phone Usage & Screen Time Statistics," Harmony Healthcare IT, January 8, 2025, https://www.harmonyhit.com/phone-screen-time-statistics/.
- 4. Jonathan Swift, Gulliver's Travels (The Heritage Press, 1940), 22.
- 5. Molly Glick, "Phone Notifications Are Messing with Your Brain," *Discover*, April 29, 2022, https://www.discovermagazine.com/technology/phone-notifications-are-messing-with-your-brain.
- Gloria Mark et al., "The Cost of Interrupted Work: More Speed and Stress," University of California, Irvine, accessed December 30, 2024, https://ics.uci.edu/~gmark/chi08-mark.pdf.
- 7. "Staying Focused in the Era of Digital Distractions," Harvard Health Publishing, June 6, 2020, https://www.health.harvard.edu/staying-healthy/staying-focused-in-the-era-of-digital-distractions.
- 8. Ann Pietrangelo, "How Does Dopamine Affect the Body?" Healthline, November 5, 2019, https://www.healthline.com/health/dopamine-effects.
- 9. Anne-Marie Slaughter, *Unfinished Business: Women, Men, Work, Family* (Random House, 2015), xvii.
- 10. Slaughter, Unfinished Business, 20.
- 11. Greg McKeown, *Essentialism: The Disciplined Pursuit of Less* (Crown Currency, 2014), 5.
- 12. "decide," Online Etymology Dictionary, accessed October 18, 2024, https://www.etymonline.com/word/decide.

Chapter 4: Live in Your Season

Epigraph: Elisabeth Elliot, Let Me Be a Woman (Tyndale, 1976), 104, ebook.

- 1. "culture," Online Etymology Dictionary, accessed October 21, 2024, https://www.etymonline.com/word/culture.
- Ashlei Woods, "Putting the Basket in the Water: Trusting God in the Next Phase of Your Child's Life," Bridge Christian Church, July 5, 2016, https://bridgechristian.wordpress.com/2016/07/05/putting-the-basket-in-the-water-trusting-god-in-the-next-phase-of-your-childs-life/.

NOTES

Chapter 5: Choose Your Hard

Epigraph: St. Francis of Assisi

1. Tim Farris, "Derek Sivers on Developing Confidence, Finding Happiness, and Saying No to Millions (#125)," Tim Farris, December 14, 2015, https://tim.blog/2015/12/14/derek-sivers-on-developing-confidence-finding-happiness-and-saying-no-to-millions/.

Chapter 6: Just Start

Epigraph: Jeff Manion, Dream Big, Think Small (Zondervan, 2017), 21.

1. Jamie Erickson, "10 Minute Power Tasks for Homeschool Moms," *Learning Well Journal*, Spring 2022, 51–52.

Chapter 7: Move the Needle

Epigraph: Seneca, On the Shortness of Life, trans. C. D. N. Costa (Penguin, 2005), 1–2.

- Megan Marples, "Decision Fatigue Drains You of Your Energy to Make Thoughtful Choices. Here's How to Get it Back," CNN Health, April 21, 2022, https://www.cnn.com/2022/04/21/health/ decision-fatigue-solutions-wellness.
- 2. Charles Duhigg, The Power of Habit (Random House, 2012), xvi.
- 3. Samuel Johnson, "No. 178, November 30, 1751," in *The Rambler: A Periodical Paper* (Jones & Company, 1825), 304.
- 4. Simon Holland (@simoncholland), "No one is full of more false hope than a parent with a new chore chart," X, May 31, 2023, https://x.com/simoncholland/status/1663996951430348803?mx=2.
- 5. Phillippa Lally et al., "How Are Habits Formed: Modelling Habit Formation in the Real World," *European Journal of Social Psychology* 40, no. 6 (2009): 998–1009, https://doi.org/10.1002/ejsp.674.
- 6. Dan Diamond, "Just 8% of People Achieve Their New Year's Resolutions. Here's How They Do It," *Forbes*, January 1, 2013, https://www.forbes.com/sites/dandiamond/2013/01/01/just-8-of-people-achieve-their-new-years-resolutions-heres-how-they-did-it/.
- 7. Duncan Haughey, "A Brief History of SMART Goals," ProjectSmart, December 13, 2014, https://www.projectsmart.co.uk/smart-goals/brief-history-of-smart-goals.php.
- 8. Cal Newport, Deep Work (Grand Central Publishing, 2016), 42.
- 9. "The Impact of Interruptions," UC Berkeley: People & Culture, accessed January 1, 2025, https://hr.berkeley.edu/grow/grow-your-community/wisdom-caf%C3%A9-wednesday/impact-interruptions.

Overwhelmed Mom

Chapter 8: Gather the Right People

Epigraph: Proverbs 13:20

- 1. The Editors of Encyclopedia Britannica, "Sea of Galilee," *Encyclopedia Britannica*, accessed January 1, 2025, https://www.britannica.com/place/Sea-of-Galilee.
- 2. "JetStream Max: 'A Funny Bath'—The Dead Sea," National Oceanic and Atmospheric Administration, March 28, 2023, https://www.noaa.gov/jetstream/dead-max.
- "G3870 parakaleō Strong's Greek Lexicon (KJV)," Blue Letter Bible, accessed January 1, 2025, https://www.blueletterbible.org/lexicon/g3870/ kjv/tr/0-1/.
- 4. Jamie Erickson (@unlikely_homeschool), "We live in an age when theology can be ordered to suit our individual preferences," Instagram, June 8, 2022, https://www.instagram.com/p/CejExFnLAsf/?hl=en.

Chapter 9: Let Them Go to Let Them Grow

Epigraph: Peter Walsh, It's All Too Much (Free Press, 2007), 27.

- Gopal K. Singh, "Child Mortality in the United States, 1935–2007: Large Racial and Socioeconomic Disparities Have Persisted Over Time," A 75th Anniversary Publication, Health Resources and Services Administration, Maternal and Child Health Bureau (U.S. Department of Health and Human Services, 2010), 2.
- Christopher Ingraham, "There's Never Been a Safer Time to Be a Kid in America," *The Washington Post*, April 14, 2015, https://www.washingtonpost.com/news/wonk/wp/2015/04/14/ theres-never-been-a-safer-time-to-be-a-kid-in-america/.
- 3. Janis Wolak et al., "Child Victims of Stereotypical Kidnappings Known to Law Enforcement in 2011," *Juvenile Justice Bulletin*, June 1, 2016, https://ojjdp.ojp.gov/sites/g/files/xyckuh176/files/pubs/249249.pdf.
- Andrea J. Sedlak et al., "Fourth National Incidence Studies of Missing, Abducted, Runaway and Thrownaway Children," National Criminal Justice Reference Service, May 29, 2022, https://www.ojp.gov/pdffiles1/nij/grants/304794.pdf, 29.
- 5. National Highway Traffic Safety Administration, "Traffic Safety Facts 2022 Data: Children," U.S. Department of Transportation, June 1, 2024, https://crashstats.nhtsa.dot.gov/Api/Public/Publication/813575, 1.

NOTES

- 6. Camilo Ortiz, "Treating Childhood Anxiety with a Mega-Dose of Independence," Profectus, March 14, 2023, https://profectusmag.com/treating-childhood-anxiety-with-a-mega-dose-of-independence/.
- 7. Jamie Erickson (@unlikely_homeschool), "Dear Mom whose son damaged the coach's property at the game last night," Instagram, June 11, 2024, https://www.instagram.com/p/C8FBHwAhpnO/?hl=en.
- 8. Jamie Erickson (@unlikely_homeschool), "Just like you, your kids are going to have fears," Instagram, July 29, 2019, https://www.instagram.com/p/B0gmiz7BKSz/?hl=en.
- 9. Syler Thomas and Steven Tighe, *Small-Group Leader's Quick Guide to (Almost) Everything* (Group Publishing, 2020), 116.
- 10. Jamie Erickson (@unlikely_homeschool), "Mamas, beware the lure of sticker charts, candy jars, or other dangling carrots," Instagram, February 9, 2023, https://www.instagram.com/p/Cocg13TrdsC/?hl=en.

Chapter 10: Loosen Your Grip

Epigraph: Corrie ten Boom, Each New Day (Revell, 2013), 103

1. "H7503 - rāpâ - Strong's Hebrew Lexicon (KJV)," Blue Letter Bible, accessed January 2, 2025, https://www.blueletterbible.org/lexicon/h7503/kjv/wlc/0-1/.